

April 2007

# Outspoken

[www.owensoundcycling.ca](http://www.owensoundcycling.ca)

The Official Newsletter of the Owen Sound Cycling Club



**COUP d'etat**

**Also**

- Annual General Meeting & First Ride
- Yes We Have No Races
- Spring Fling
- What's Wiki

It's Coming! It's Coming! It's Coming! It's Coming!

**Don't call Trevor, Tom, Scott, Emil,  
Tim, John, DeeJ or Jason...**

**Save this for your reference to Coming Events!**

**Apr 14, 1:00pm - Registration, Annual General Meeting & First Ride of the Season, Shallow Lake United Church**

**Apr 15, 9:00am - Trail Clean-up, Sawmill Ski Trails, Hepworth**

**Apr 17, 6:30pm - 10K TT, Annan**

**Apr 19, 6:30pm - Road Riding 101 - West Hill SS**

**Apr 21, 10:30am - Spring Fling MTB Race, Sawmill Ski Trails, Hepworth (Entrance fee)**

**Apr 24, 6:30pm - 10K TT, Walters Falls**

**Apr 25, 6:30pm - Road Riding 101 - West Hill SS**

**May 1, 6:30pm - 15K TT, Shallow Lake**

**May 3, 6:30pm - Lincoln Park Fast Group Ride, Cons. #3 & SR #5, Lincoln Park**

**May 6, 10:00am - 1st Interclub, Dundalk**

**May 7, 6:00pm - Monday Rec. Ride, 5th Season Bike Parkette (across for Farmer's Market), O. S.**

**May 8, 6:30pm - 10/19k TT, Annan**

**May 10, 6:30pm - Sawmill Trails MTB, Hepworth**

**May 14, 6:00pm - Monday Rec. Ride, Williamsford**

# The Presidents

The 2007 cycling season will soon be upon us. Will Joe Chappell find a suitable winter mate for training so he can whiz by the rest of us at a Tuesday night TT? That's right, the executive branch of the OSCC has chosen to make an exciting membership driven change to a longstanding tradition. Gone for now is our Wednesday night TTs. But not to worry - much better things are planned. The Thomson clan will now be organizing the road TTs on Tuesday nights across the region so look for the schedule in this issue. Emil van Dijk has stepped up to become the Thursday night, that is right, Thursday night promoter of criteriums, road races, mountain bike races and other exciting additions to our already great calendar.

So if you are left wondering what to do with your time, Monday nights can be spent with Trevor and Emese riding the back roads and seeing the sites as they lead their weekly ride, Tuesdays can be spent in your wind friendly clothing at a road TT and Thursday night can be spent riding with a pack, on your mountain bike or competing in a criterium.

The Owen Sound Cycling Club is the best club of its size and it is successful due to the great volunteers that we have in our club.

Please mark April 14th on your calendar for the Annual General Meeting. Registration at noon and meeting to begin at 1:00 p.m. at the Shallow Lake United Church. This is also the used gear swap day for the club. Group ride to follow - weather permitting.

On that note it is with great pleasure that I introduce Mr. Jason Rody as the new President of the Owen Sound Cycling Club. Jason brings a lot of experience and knowledge to the club and I look forward to seeing what new heights we can get to. I have decided to step aside and pursue other volunteering opportunities.

Take care,  
*Greg Nicol, Immediate Past President OSCC*

## Times are changing...

Just like there have been some major changes and shake ups in the World of Pro cycling this past year. So too has the OSCC changed. I have finally stepped up to take on the role of President. After years of nagging and prodding by some of the more experienced executive, I accepted. I hope this season will be one filled with many great events and great turn outs.



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Other changes this season include our weekly format. We are going to try having Road TT's on Tuesday's, Thursday's are going to be a mix of Road Races, Criteriums, MTB TT's and Road Racing 101. The Monday night rides are still going to alternate between Williamsford and Owen Sound. If you have an idea for an event on another night (or weekend) let one of the executive know.

Times are also changing outside. With the new daylight savings time, it should be a little easier to get some early season miles in, outside! Which is great since the first OSCC events are fast approaching. Be sure to get you bike(s) ready to go early this year. Don't get caught trying to get it ready just hours before our first TT.



I haven't had any other inspiring words come up and slap me in the face, so I'll end this message here.

I hope everyone has had a great winter and are ready for the cycling season.

See You Soon,  
*Your Reluctant President,*  
Jason Rody

## Trevor's Ramblings

### Web Stuff - What's a Wiki?

I seem to write more about "web stuff" than I do about cycling.

We had some communications problems last season. Venues for time trials were changing by the hour as roads got torn up and repaired. Some members went to the wrong location on a Tuesday night. To help solve this I create a Wiki. What the heck is a Wiki you ask?

(n.) A collaborative Web site comprises the perpetual collective work of many authors. A wiki allows

anyone to edit, delete or modify content that has been placed on the Web site using a browser interface, including the work of previous authors. In contrast, a blog, typically authored by an individual, does not allow visitors to change the original posted material, only add comments to the original content. The term wiki refers to either the Web site or the software used to create the site. Wiki wiki means "quick" in Hawaiian. The first wiki was created by Ward Cunningham in 1995.

The authors in our case are the executives, race organizers and ride leaders. I have delegated to these people the responsibility of keeping Tuesday Time Trial schedules, the Thursday MTB and Road Race program, etc. up-to-date. They can modify, correct or enhance the information themselves. For the average member, there should be very little change. You still go to [www.owensoundcycling.ca](http://www.owensoundcycling.ca) and follow the schedule link. This now takes you to the Wiki Space where Scott, Emil, Jason and others will have entered the latest information. Those of you familiar with RSS feeds can register to get informed (email or through your browser) when ever the content changes. So - no more last minute phone calls to find out where tonight's TT is.

Note, that it is not a forum. I'm hoping that it will evolve into a neat, accurate web site with only the information the members need.

I'm planning on moving the club web site to another provider. This will allow us to better manage email distribution. You will be getting an email asking you to confirm your email address, etc. and to choose from several "lists". You will be able to select "Newsletter Only", "TT Results", "All". There will be the option to un-subscribe. The Yahoo! Group will still be there for members to "chat" amongst themselves. E.g. For Joe to arrange his play dates with Scott. How useful are the Yahoo! calendar reminders? They can quickly get out of date and are a bit tedious to set up, but if you really want them I'll try to keep the events there in synch with the new Wiki Space.

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Note: With our new web site host came a lot of disk space. I've been able to archive every Outspoken Newsletter back to October 2002. By the time you read this, they will be on line and linked, with a short description, from the Archives page.

Trevor

### Training/Recreational Rides

Led by Trevor and Emese. Monday nights at 18:00, alternating between Owen Sound and Williamsford. One and a half to two hour training ride at a moderate, steady pace. Depending on the abilities of those who show up, we may split into groups.

#### Meeting Places

Owen Sound - Fifth Season Parkette opposite the Farmers' Market.

Williamsford - Williamsford arena, on McCullough Lake Road, 100M west of Highway 6. TS

### T & E's Monday Rides

May 7, Owen Sound

May 14, Williamsford

May 21, Owen Sound

May 28, Williamsford

## Left of Centre

After that oddball ski season of snow, no snow, tons of snow, more snow and just bloody cold, we are suddenly back into the bike season. I hope it is not the same roller-coaster weather as our winter was because there are all kinds of cycling events for just about every kind of cyclist. Not only is the club taking on more events, but there are other bicycling venues

# Baywest



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that may be of interest.

Starting with the cold one... the OSCC season opener Annual General Meeting and First Ride on April 14th. Then Emil is hosting the Spring Fling Mountain Bike Race this year on April 21st, as-well-as, the Whemmys in the fall. These are his own events, so support Emil and have some off-road racing fun. Emil is also doing his club duties with a couple of road riding training sessions and other Thursday evening events. Scott is continuing with our Time Trials and has added a few new routes.

The Canadian Tandem Rally is coming to Owen Sound this year. Every year the 'Rally' chooses a different region to tour. This time the four day event starts on May 25 in Owen Sound and tours around Grey and Bruce Counties. Though the website shows an all inclusive weekend, us locals can skip the hotel and breakfast part bringing the cost down to an amount that even a retiree can handle. For more info go to [www.mbstan-dems.com](http://www.mbstan-dems.com).

Another big bike event this year is the Grand Tour of the Bruce, which is a fund-raising event for the Tom Thomson Trail. The Grand Tour will take place from July 23rd to the 27th. The hope is that the tour will attract up to 250 riders. It will be a four day bike and camp tour starting in Owen Sound, then the tour follows Island View Drive north and on to The Cape Croker Indian Park. The next day riders will do a short ride to Lion's Head. There they will have a choice of hiking the Bruce Trail or doing an optional ride up to Dyer's Bay lighthouse and back. The third day will bring the tour across the Bruce Peninsula to the Lake Huron side where they will end up at the Outdoor Ed. Centre in Oliphant. The last day will take riders to Sauble Beach then back to Owen Sound. If you are interested in the tour go to the web site: [www.burcebiketour.com](http://www.burcebiketour.com). If you are interested in helping with the tour, please contact me at: [thomas.hakala@sympatico.ca](mailto:thomas.hakala@sympatico.ca).

Adventure Cycling is hosting the Underground Railroad Path to Freedom Bicycle tour. It will follow the route that slaves from the southern U.S. took to escape their "masters". The complete tour starts in Mobile, Alabama, but there is a guided tour that starts at the Peace Bridge in Buffalo and heads to Owen Sound. It is 7 days, starting on July 30th and arriving in O.S. on August 5th in time for the Owen Sound Emancipation Festival.

August 4, 5 & 6 will bring us the First Annual Rocky River Cycling Festival. The festival will take place in the Durham area and will feature bike demos, skills and health workshops, rides, bike films, food and much more. For more information go to: [www.bikeface.com](http://www.bikeface.com).

Finally, September 8 & 9 will feature the New

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Owen Sound Triathlon. See Greg's article for a few details and look for information in future issues of Outspoken. *Tom Hakala*

### **New Rules for Registration!**

We have a new guy (Jack Roderickson) taking over our club registration, so please give him a bit of help when you join or re-join the club. Print out your registration form and waiver from our web site. Bring both plus your money to the sign-up day on April 14th and hand it all to Jack.

If you cannot get to the sign-up day then do the next best thing and mail all that stuff to Jack (his address is on the bottom of the form).

**Do not** wait until the first time trial you attend and expect to hand your form to Jack or someone and go out and ride that evening. This has caused difficulties in the past with our registration person, timer and event co-ordinators. Please be considerate. *TH*

### **Yes, We Have No Racing!**

Our friends at the OCA have been thinking again. As dangerous as this sounds I guess it could be worse. The latest idea is that clubs cannot hold races unless they buy a racing permit for each event. The cost and logistics of which would drive any club out of business. So to follow the rules we will not hold any races only fast rides... get it... very fast rides. So when you see something listed as *Fast Group Ride* or *Short Group Ride*, expect to go as fast as you can... But it is not a race! *TH*

# Just Emil

## **Spring Fling & Whemmys 2007**

The OSCC executive has kindly allowed me to organize the Spring Fling and Whemmys mountain bike races. Returning to its original format, the Spring Fling will be a cross-country race, without any running or road time-trial components. Included in this newsletter is an entry form.

Both the Spring Fling and the Whemmys will be sanctioned by the OCA as citizen races, meaning anyone can participate, not just OSCC members. If you don't have a UCI licence or an OCA Citizen Racing licence you will need to buy a One-Day licence which will be available for purchase on race day for \$5. The OCA Club Membership Card will not satisfy the insurance requirements.

Also, waivers must be completed and signed. If you are under the age of 18, be sure to bring a parent or guardian along to sign the waiver. *Emil van Dijk*

### **Trail Clean-up April 15**

Meet at 9:00 a.m. at the Sawmill Trails near Hepworth for a trail cleanup. Bring rakes and clippers and any other favourite implements.

## **Arrow Wins OCA Club Challenge**



*Photo: OCA's Michael Wolf with Arrow Racing's Richard Fletcher (GM and Head Coach) and Fred Zottl (Coach)*

OCA VP of Development Michael Wolf was proud to present Arrow Racing's Club President Richard Fletcher with the 2006 Club Challenge Award at the 2007 AGM.

Arrow Racing is proud of winning the OCA Club Challenge award for 2006. Arrow Racing focuses primarily on mountain bike racing but you will often see their jerseys at a few road races and time trials. With 35 athletes this year spanning all categories, Arrow Racing is a development team with five qualified coaches encouraging their athletes to strive for excellence. *EVD*

## **Thursday Evening Events**

The club is trying something new this year by switching from Wednesday events to Tuesday and Thursday events. Tuesdays will be road time trials and Thursdays will be variety night. I have volunteered to coordinate Thursday

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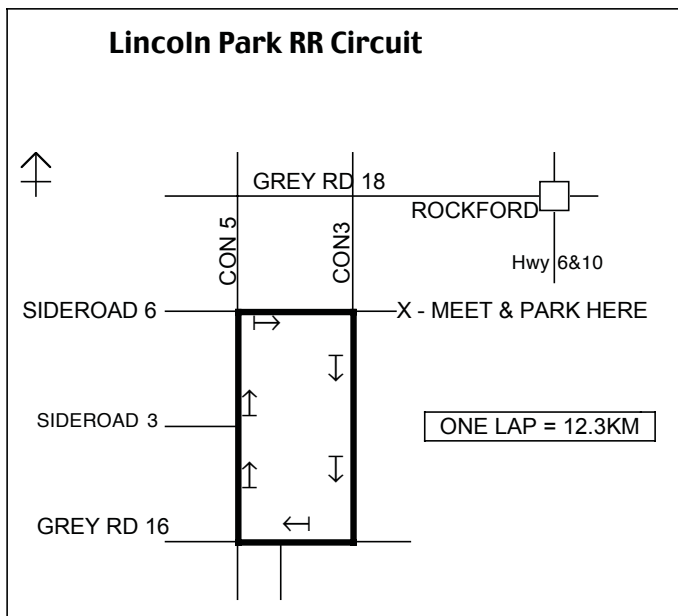
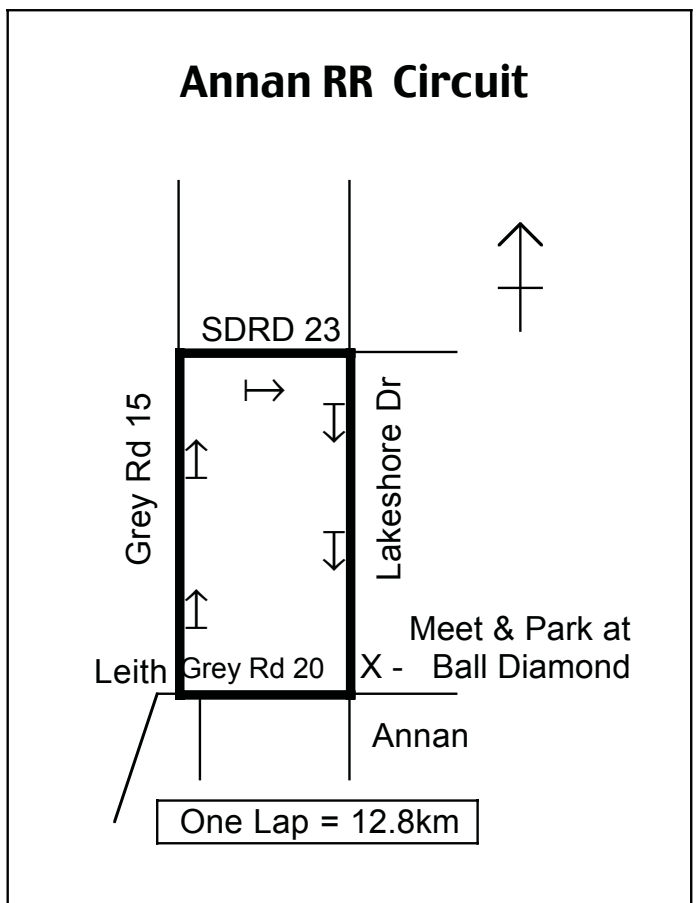
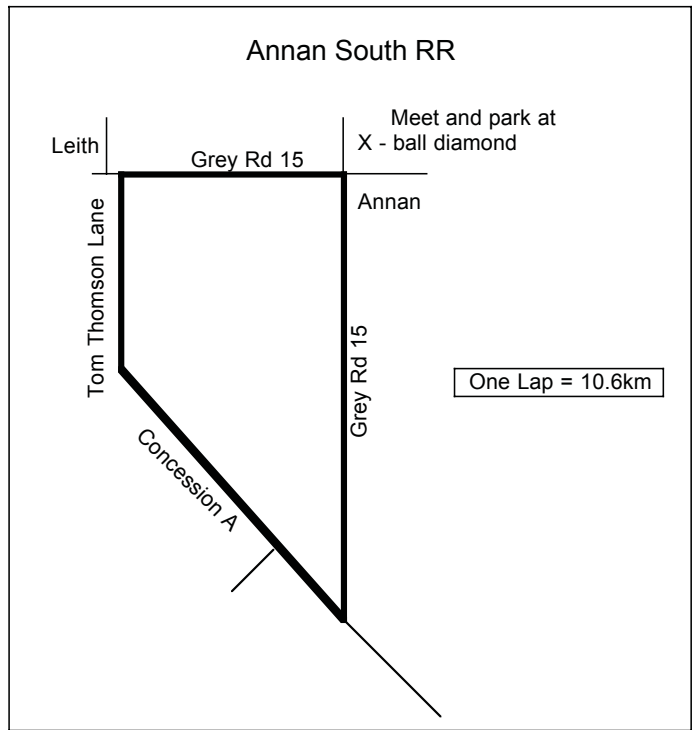
evenings, and have posted a schedule on the website.

John Huelshof and Tim Koker are organizing mountain bike events at Whispering Pines, Jason Rody is looking after short course group rides at Grey Roots Museum, and I am planning some fast group rides.

Last fall I asked if there was any interest in club road races. My intent was to hold these on weekends, but with the switch to the Tuesday-Thursday schedule, plus the fact that weekends are busy with other things (both cycling and non-cycling), it seemed appropriate to have these on Thursdays.

Unfortunately our insurance does not allow us to hold club road races without having to pay out extra money and jump through numerous procedural hoops. The executive has decided to sidestep the issue by holding fast group rides instead. These will be conducted in a competitive spirit, but without all the trappings of a race per se. Hopefully you will be able to come out and attend.

The fast group rides will take place at three venues: Lincoln Park, Annan North and Annan South. See the attached maps for specifics. Riders will start in groups with others of equal ability, at varying time intervals, covering either two or three laps, depending on your



strength. If you are interested, be sure to bring some of your riding buddies with you, because fast group rides are a lot more fun when there are many participants.

Fast group rides will start at 6:30PM sharp. Please come early so we can seed everyone in the proper group. Since the faster people will be doing an extra lap, they may be starting first. Any kind of bike is allowed, but a road

bike is best. Bikes can have aero bars on them, but you are not permitted to use the aero bars at any time during the ride.

Some people indicated to me that they were unsure of how to ride in a group, or had some fears about group riding. I said I would try to help deal with that, and will be holding two instructional sessions. Please see below for more info on that. *Emil van Dijk*

### **OSSC Thursday Night Schedule 2007**

May 3 - Lincoln Park FGR  
May 10 - Sawmill Trails MTB  
May 17 - Grey Roots SGR  
May 24 - Annan North FGR  
May 31 - Sawmill Trails MTB

June 7 - Grey Roots SGR  
June 14 - Annan South FGR  
June 21 - Sawmill Trails MTB  
June 28 - Grey Roots SGR

July 5 - Lincoln Park FGR  
July 12 - Sawmill Trails MTB  
July 19 - Grey Roots SGR  
July 26 - Annan North FGR

Aug 2 - Sawmill Trails MTB  
Aug 9 - Grey Roots SGR  
Aug 16 - Annan South FGR  
Aug 23 - Sawmill Trails MTB  
Aug 30 - Grey Roots SGR

Sept 6 - Lincoln Park FGR  
Sept 13 - Sawmill Trails MTB  
Sept 20 - Grey Roots SGR

### **Road Riding 101**

In order to familiarize everyone with the nuances of group road riding, and to help ease any fears associated with doing so, we are holding a couple of technique sessions. Please meet at West Hill Secondary School (750 Ninth St. West, Owen Sound) by the tennis courts, at 630PM on Thursday April 19 and 26.

The sessions will take place on the playing fields and the running track, so if you have an old bike, either road or mountain, please bring it. My plan is to focus on two things: how to ride in a paceline, and how to avoid crashing should someone bump into you. This latter subject will involve bumping into other riders on purpose so it may be wise to wear running shoes so you won't have to worry about unclipping from your pedals. Feel free to wear whatever you need to feel comfortable.

Sessions won't last much more than an hour, so you will have time afterward to go for a ride. Strategy won't be discussed, though it is something we can talk about at the fast group rides themselves. Any questions or concerns? Contact me at [emil@bmts.com](mailto:emil@bmts.com). *Emil van Dijk*

April 19 - Road Riding 101 - West Hill SS  
April 25 - Road Riding 101 - West Hill SS

### **Interclub Schedule 2007**

All interclub races are on Sundays and start at 10:00 a.m. You must be a member of one of the organizing clubs to participate. Entry fee is \$5 per race. Distances range from 60 to 80km. *EvD*

May 6 - Dundalk  
May 27 - Oro short  
June 24 - Beeton  
July 29 - Oro long  
Aug 19 - Epping  
Sept 9 - Moonstone

### **Keppel Scramble & Backroad Ramble**

Numerous people have asked if the Keppel Scramble & Backroad Ramble is on again this year. Yes it is. Please mark your calendar for Sunday, June 10. Start time is 9:00 a.m. at Kelso Beach. Distances are 42km for the Ramble and 80km for the Scramble. Snacks and drinks at the finish line, courtesy of the club. Hmmm, I better check with the executive on that. *EvD*

  
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## Time Trials

It's time trial season once again. The Owen Sound Cycling Club is growing and changes have been made to scheduling to incorporate more and varied events. There are now more opportunities to come out and ride your road or mountain bike(s) in a semi-competitive or non competitive environment. Time trials will now be running on Tuesday nights. Same time (6:30) and similar venues, (See attached schedule or website calendar), with the addition of another new course on a trial basis. There may be changes to the schedule during the cycling season, so check the website calendar periodically.

Last year there was a "changing of the guard", as Joe Chappell put his stamp on the courses at Shallow Lake, Annan, Kemble, and Walters Falls, with course records. Youth prevailed at the Epping Hill Climb with Jon Kinsie (4th Ontario Championships), but not besting the Erbinators previous best. Stiffer competition for the women ended with Laura Armstrong's course record at Shallow Lake, Lynne Vaughan-MacDonald (2nd Ontario Champs) at Annan and Walters Falls, and cadet Jane Thomson (4th Ontario Champs) at hilly Kemble. New and developing members are pushing the veterans. Young guns Justin Zottl (2nd Ontario Champs), Mack Thomson (3rd Ontario Champs), and Jeffrey Thomson (Ontario Champion - check out his jersey) will soon be rewriting the books. At the other end of the scale, I hope to see the regular return of Tim Hill (previous Ontario Champion) and John Huelshof.

Tuesday night time trials are open to any club member, from beginner to champion, young to old, male or female. These Tuesday night events are held on the road, but a mountain bike can be ridden if desired. The events are held generally in an individual format, and participants are very supportive. Try to improve your times weekly for a personal best. Come out, learn about your limits, and have some fun and exercise. *Scott Thomson*

## OSCC Tentative TT Schedule for 2007

April 17 - Annan 10K  
April 24 - Walters Falls 10K  
May 1 - Shallow Lake 15K  
May 8 - Annan 10/19K  
May 15 - Walters Falls 10/20K  
May 22 - Shallow Lake Aussie  
May 29 - Kemble 21K  
June 5 - Annan 19K  
June 12 - Walters Falls 15/30K  
June 19 - Colpoys/Big Bay 13/26K  
June 26 - Epping Hill Climb + potluck  
July 3 - Shallow Lake 15K  
July 10 - Annan 19K  
July 17 - Walters Falls 15/30K  
July 24 - Annan 19K Aussie  
July 31 - Kemble 21K

August 7 - Shallow Lake 15K  
August 14 - Colpoys/Big Bay 13/26K  
August 21 - Annan 19K  
August 28 - Epping Hill Climb + potluck  
September 4 - Walters Falls 15/30K  
September 11 - Annan Team 19K  
September 18 - Shallow Lake 15K  
*Scott Thomson*

## New Jerseys

The new club jerseys have been ordered. The club has paid the first 50% of the total cost of the jersey order. The remainder is due on delivery: expected to be in about eight weeks. If you ordered a jersey, please send the money to Lynne Vaughan-MacDonald by mail.

When the jerseys arrive you can pick them up at the April 14th Annual General Meeting, at Lynne's place or at a TT in the spring. Cost of jersey is \$65.00. They will probably be ready for Annual General Meeting.

Lynne's address:  
Lynne Vaughan-MacDonald  
756 2nd Ave. West  
Owen Sound ON N4K 4M4  
Phone: 519-371-7085  
Email: lvm@rogers.com

## Owen Sound Triathlon

Hey OSCC members are you looking for a great challenge in September? Well look no further than our own backyard. The Subaru Triathlon Series is making a stop in Owen Sound September 8 & 9, 2007. There will be a Kids of Steel Race, Sprint and Olympic distance Triathlon and Duathlons. For more information visit [trisportcanada.com](http://trisportcanada.com). We will be recruiting volunteers and racers so get on that bike and get in shape today. *Greg Nicol*

**FOR SALE** "Black Argon 18 road bike frame with carbon forks and carbon seat post, 54cm. Perfect for 5'7" to 5'10" sized riders. Must sell..\$200 obo. Dent on top tube, and some paint chips. Other than that it is a great ride. If interested email me at [jtaylor@dctaylor.com](mailto:jtaylor@dctaylor.com) " *John Taylor*

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# Spring Training

Old man winter is on his way out, at least according to Willie. That means we can get back out onto the roads and trails. After a long winter off the bike, now is a good time to start conditioning to get ready for the cycling season. Essentially we are looking at a matter of strengthening muscles and building endurance. Working out in the gym with alternating days performing strength exercises and endurance exercises will help to get you in form for the up coming season. These exercises will also help to reduce injury and back pain, a common problem for cyclists.

As a certified sports specific trainer I would suggest the following strength training exercise routine after a 5-10 min. warm-up which will help to initiate increased blood flow through the extremities as well as preparing the mind and body for an upcoming workout.

**Abdominal crunches.** To build core strength, great for longer rides. Abdominal crunches performed on a stability ball bring about significantly higher muscle activity in both the upper and lower portions of the abdomen than other abdominal exercises. Using a stability ball (55cm or 65cm)- whichever feels more comfortable, sit on the exercise ball with your feet flat on the floor. Let the ball roll back slowly and lie back until your thighs and torso are parallel with the floor. Contract your abdominals raising your torso to no more than 45 degrees. To work the oblique muscles, make the exercise less stable by moving your feet closer together

**Prisoner squats.** Squats are probably the most useful exercise you can do at the gym-no other single exercise encourages more muscle growth. With a range of motion that incorporates many different muscle groups in the legs, core and upper body, squats not only strengthen those muscles, but also strengthen the tendons and ligaments that connect them. In addition to their strength-building benefits, squats also teach you core stabilization, which is important for cycling. Prisoner Squats call for the person to place both hands behind their ears while squatting. Always think of sitting back in a chair, pushing the hips backwards as you go down. While keeping the knees behind the toes. Back straight, and chest up, squat to the point where the thighs are parallel with the ground. Be sure to squeeze the gluteal muscles when returning to the starting position.

**Floor bridges.** Floor bridges help to build strength in the hamstrings and balance the gluteus. Start on your back with your heels resting on a stability ball. Place your arms out from your side with the palms up. As you become more proficient with this exercise, you should be able to do this exercise with your arms crossed across your chest. Tighten the abdominal muscles and slowly raise your buttocks and hips off the floor. At the top of the movement, your legs and torso should form a plank. Upward Movement Hold this position for 5 seconds and repeat 10-20 times. Downward Movement Return to the starting position by slowly lowering the buttocks and hips to the floor. When you are used to these exercises you can progress to using one foot making sure that all the weight goes to your heel so that your heels are firmly on the ground which will ensure that your hamstrings, glutes and your lower back get worked properly.

**Hyper extensions or supermans:** A strong lower back is essential to stabilize the torso and to prevent injury. The back hyper extension is done on a hyperextension bench or Roman Chair, which most gyms have. Position yourself on a Roman Chair facing forward. If you are not sure what a Roman Chair is, ask a trainer at your gym to point one out to you. Cross your arms in front of your chest and slowly lower your upper torso down so as to try and touch your nose to the floor. Once your torso is completely bent over and virtually perpendicular to the floor, slowly return to the start position and repeat. Be sure that when you return to the start position that you keep your abdominal muscles tight so you DO NOT arch your back at the top

**Cable woodchops.** The core is the functional link between the arms and legs. If you don't have the capacity to transfer force from your legs to your arms, your performance in almost every sport fails. To do this exercise Stand with your right shoulder facing a weight-machine cable. Positioning the handle up high, grab with both hands, keep your legs straight and pull down from upper right across your upper body and then down and around the left ankle to accentuate the movement.. "Keep your arms straight and you'll keep the load on your core". Switch sides and repeat


Each of these exercises should be done to 12-15 repetitions but you may want to start at 8-10 and build your endurance.

Not only do we need to focus on strength but we need to ensure that stretching is taken very seriously. Many injuries result in muscles being too tight, especially in professional sports. Being flexible is very important. You want to spend about 15 minutes stretching as each stretch should be held for 15 seconds or more. You should always stretch every muscle in your body, not just those that are used at any given time. For cyclists areas that will most likely be the tightest are the hamstrings and the hip flexors. This combination of tightness is a fantastic prescription for lower back injuries as the lower back is taken out of alignment by the tightness in the hip flexors.

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As much as strengthening our muscles and especially the core muscles in our bodies we also want to build up endurance that we may have lost in the off-season. I would suggest interval training to "keep the heart guessing". Because of its intensity, you will find your endurance days, which you will also want to include in your program, becoming easier and preparing you for moving outdoors to your bike. Interval training can be performed in a number of ways. I would suggest planning your training season in the following phases.

**Base building:** This phase should take up the first four-fifths of your training schedule, whether it's for an active summer season or a big event. The pace for building base is one that allows you to talk during a workout. Four times a week, aim for light but sustained workouts lasting at least two hours for cyclists. If you can't get outside, use the stationary bikes at the gym or purchase a trainer to attach your bike to at home. Watch the season finales of all of your favourite programs while you build your cycling base.

Once you have established your base you can move to threshold training.

**Threshold training:** Spend the last fifth of your conditioning schedule folding in high-intensity efforts at your lactic-acid threshold, which is the point where lactic-acid production exceeds its removal from the muscle. That calls for up to, but no more than, six weeks of cycling for an hour or two working in five- to ten-minute intervals. Start with ten minutes of recovery between each interval; by week six, recovery time should shrink to five minutes.

When riding remember to always push through your heels and keep your legs moving in a circular motion. A common problem with bikers is that they rely on their quadriceps to carry them through a bike ride, (which, by the way, is a big part of the reason why so many bikers also get lower back pain while riding or right after stopping) and they rely less and less on their hamstrings. As this occurs over and over, an imbalance is created and when the quadriceps get tired form begins to fade, which can also result in injury.

Pushing through your heels when cycling prevents the weight from going through your toes; this causes the muscles on the top of your foot and ankle to become stressed. This stress is then passed up the tibialis anterior (shin-splint muscles) and through the patellar ligament causing knee damage. Use your hamstrings to pull your back foot as you push your front foot and move in a circular motion. Keep a tight core and breathe as evenly as possible.

I hope these tips will help everyone to prepare for the cycling season with the ability to start better and finish faster, stronger, with more efficiency and without pain.

Happy trails. *Chris Windover*

*Chris Windover is a certified professional trainer who specializes in sport specific training, functional movement, weight loss, and rehabilitation. Chris works out of Fitness Corner in Port Elgin. He is available for personal training and consultation. For more information he can be contacted at (519) 832-6651*

*Editors: Trevor Stokes & Tom Hakala • Thanks to this month's contributors: Greg Nicol, Jason Rody, Emil van Dijk, Scott Thomson, Chris Windover*



# Spring Fling MTB Race

Saturday April 21st 2007

10:30 AM - Hepworth ON

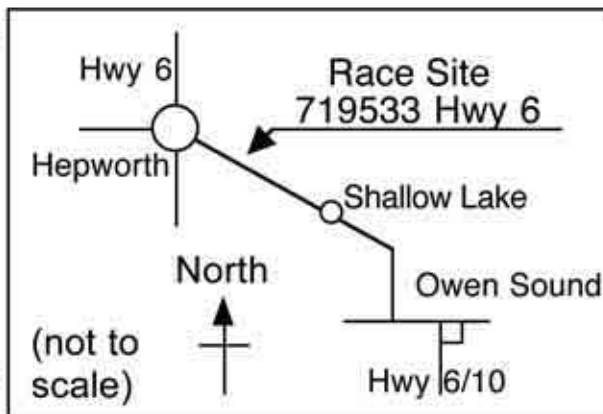
Sign-In: 9AM - 10AM



MARTIN'S  
BICYCLE SHOP

**First Response Services provided by St. John Ambulance**

- great all-weather course
- excellent opportunity to kick-start your season
- entry fee only \$20 if received by April 16th
- safe, challenging 6k loop



- grass-roots atmosphere
- don't leave early: draw prizes after the race!!!
- one-day licences will be sold on race day for \$5
- info: [emil@bmts.com](mailto:emil@bmts.com)



An Ontario Cycling Association Sanctioned Citizen's Mountain Bike Event



**Important - Waivers:** All participants must sign a waiver on race day. If you are under the age of 18 on race day, a parent or legal guardian must be present to sign you in.

REGISTRATION FORM - PLEASE PRINT NEATLY!

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ POSTAL CODE \_\_\_\_\_  
 Age as of April 21/07 \_\_\_\_\_ Gender (Check One) Male \_\_\_ Female \_\_\_  
 Emergency Contact & Phone # \_\_\_\_\_

Indicate Your Choice ✓	Age Group	10-12	13-15	16-18	19-34	35-49	50-64	65+
	Fun - 12km							
	FunPlus - 24km							

- ⚡ ENTRY FEE is \$20 for entries received by APRIL 16TH, and **\$30 thereafter.**
- ⚡ Racing licence must be shown at sign in. Those not holding a current UCI or OCA Citizen Racing Licence must purchase a one-day licence for \$5 on race day.
- ⚡ Please send cheque payable to "Revolution Redline Ltd." to 1856 Third Ave. West, Owen Sound ON N4K 4R8. Sorry, no post-dated cheques, credit cards or refunds.

**Coming Sun. Sept. 23rd: The Whemmys Relay - Three hours. Three Riders. Go.**